

News Release

Kisatchie National Forest Day on Saturday, March 15th



USDA Forest Service Kisatchie National Forest

Release: Immediate

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Kisatchie National Forest Day on Saturday, March 15th

Pineville, La. (March 4, 2014) Kisatchie National Forest is hosting an event on Saturday, March 15th as part of the month-long Central Louisiana Outdoor Adventure Festival. ***Kisatchie National Forest Day*** will include a wide range of outdoor activities for the entire family. Outdoor fun like kayaking, yoga on the beach, a CrossFit workout, mountain biking, trail running and paddle boarding will be available for everyone to try. There will also be a hands-on children's activity provided by the US Forest Service Southern Research Station.

Kisatchie National Forest Day will take place at the Kincaid Lake Recreation Area on the Calcasieu Ranger District, about 20 minutes West of Alexandria. The day will begin at 9 a.m. and activities will take place all day until 3 p.m. There is no cost to participate, "We are encouraging everyone in our community to come out and experience the national forest first-hand," said Jonny Fryar, Recreation Manager on the Calcasieu Ranger District. "This is an incredible opportunity for folks to come out and try a new outdoor activity they have never done before and see if they like it," explained Fryar. "We hope everyone will find something they enjoy, and come back to Kisatchie National Forest, again and again."

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The schedule of events for *Kisatchie National Forest Day* includes:

9 a.m.	Trail running basics
	Yoga on the beach
	Mountain biking 101
	Nature walk / Hiking to the eagle's nest
	Paddle boarding (9 a.m. to noon)
9:15 a.m.	Kayaking on Kincaid
9:30 a.m.	5 K Trail Run and 1 mile kids fun run
10 a.m.	CrossFit workout
	Mountain biking 101
	Nature walk / Hiking to the eagle's nest
10:15 a.m.	Kayaking on Kincaid
11 a.m.	Yoga on the beach
	Mountain biking
	Nature walk / Hiking to the eagle's nest
Noon to 1	Bring a picnic lunch
	Bird identification 101
1 p.m.	Mountain biking
	Nature walk / Hiking to the eagle's nest
1:15 p.m.	Kayaking on Kincaid
2 p.m.	Yoga on the beach
	Mountain biking
2:15 p.m.	Kayaking on Kincaid

For more information about Kisatchie National Forest Day call Amy Robertson, Public Affairs Specialist on the Kisatchie National Forest at (318) 473-7025 or email aerobertson@fs.fed.us

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